

Fiscal Year 2010
Child and Adult Care Food Program
Child Care Wellness Grants
CFDA # 10.579



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2013 Cook's Trainings

Offered by the Child and Adult Care Food Program,
Montana Department of Public Health and Human Services.

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providing the food laboratories and teaching facilities for these trainings:
Fort Peck Head Start in Poplar, Dawson County High School in Glendive,
Billings Food Bank, Crow Agency Head Start,
Boys & Girls Club of the Northern Cheyenne in Lame Deer,
Blackfeet Early Childhood Center, Helena High School,
Butte High School, Bozeman High School,
Fort Belknap Head Start, Rocky Boy Head Start,
Paris Gibson Education Center in Great Falls, Opportunities, Inc. in Great Falls,
Missoula Big Sky High School, Glacier High School in Kalispell,
and the Mission Mountain Food Enterprise Center in Ronan.

Food service directors, head cooks and assistant cooks employed
in child care centers in the USDA Child and Adult Care Food Program
are invited to attend.

Instructors are:

Katie Appel-Goble, Bill Jensen, Lynne Keenan, Vicki Anfinson and Mary Musil.

The subject of these trainings is Snack Meals. The foods to be prepared are
appropriate for snack meals in the CACFP. The recipes follow the US Dietary Guidelines.

Training dates and itineraries are available at
www.bestbeginnings.mt.gov>ChildandAdultCareFoodProgram

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Baked Apples with Cinnamon

Ingredients

- 2 lbs apples (either Cortland or Gala for best results), cored and chopped
- 2 tsp cinnamon
- juice of 1 lemon
- 1/3 cup brown sugar

Directions

1. Preheat your oven to 375 degrees. Toss the chopped apples with the cinnamon, lemon juice and brown sugar and place in a baking or casserole dish.
2. Cook apples, stirring occasionally, for about 30 minutes until soft and juicy. Serve for dessert with ice cream or with roast meat for dinner.

Yield: 4 servings

<http://www.pbs.org/food/fresh-tastes/baked-apples/>

Banana Wheat Bread

Ingredients

2 cups whole wheat flour
1/4 cup wheat germ
1 teaspoon salt
1 teaspoon baking soda
1 1/2 cups mashed bananas
1/4 cup vegetable oil
1/2 cup honey
2 eggs
1 teaspoon vanilla extract

Directions

Grease a 9 x 5 inch loaf pan. Preheat oven to 350°F. Combine oil, honey, eggs, vanilla, and mashed bananas in a bowl. In a large bowl, whisk together flour, wheat germ, salt, and baking soda. Make a well in dry ingredients, and add the banana mixture. Mix together until dry ingredients are moistened. Pour batter into prepared pan. Bake 1 hour in preheated oven.

www.bestbeginnings.mt.gov

99 Snack Ideas - CACFP

Resources → Materials → Snack Ideas → Snack Ideas

Black Bean Dip

Ingredients

4 cups canned black beans
1 cup tomatoes, chopped
1/2 cup onions, chopped
2 cups plain yogurt
3 tbsp cumin
2 tsp chili powder
Salt

Directions Add all ingredients to food processor or blender. Pulse until mixed to desired consistency. Transfer to serving bowl, and cover with plastic wrap. Let chill for 1 to 2 hours before serving.

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99 Snack Ideas - CACFP

Resources → Materials → Snack Ideas → Snack Ideas

Power Bean Wrap

25 Servings **50 Servings**

	Weight	Measure	Weight	Measure
Canned low-sodium great northern beans, drained, rinsed OR Dry great northern beans, cooked	3 lb	1 qt 1 2/3 cups (2/3 No. 10 can)	6 lb	2 qt 3 1/3 cups (1 1/3 No. 10 cans)
Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6
Fresh lemons, zested then juiced	About 3	1 Tbsp zest 1/2 cup juice	About 6	2 Tbsp zest 1 cup juice
Fresh garlic cloves, minced		1/4 cup		1/2 cup
Extra virgin olive oil		3 Tbsp		1/4 cup 2 Tbsp
Chili powder		1 1/2 tsp		1 Tbsp
Salt		2 1/4 tsp		1 1/2 Tbsp
Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups
Whole-wheat tortillas, 10" (1.8 oz each)		25		50
Fresh romaine lettuce, shredded	1 lb 10 oz	3 qt 1 cup	3 lb 4 oz	1 gal 2 1/2 qt

1. Puree beans in food processor to a smooth consistency. Set aside. Yields:
For 25 servings, about 1 qt 3 cups.
For 50 servings, about 3 qt 2 cups.

2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.

3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 F for no more than 2 hours to avoid avocado oxidizing and turning brown.

4. Using a No. 10 scoop (3/8 cup) spread filling on bottom half of tortilla.

5. Add 1/2 cup of lettuce and roll in the form of a burrito and seal.

6. Cut diagonally in half.

7. Critical Control Point: Hold for cold service at 40 F or lower.

8. Portion 1 wrap (two halves).

USDA Recipe Finder -

<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

Carrot Soup Recipe

1 1/4 pounds carrots
1 tablespoon extra-virgin olive oil (or clarified butter)
2 medium cloves garlic, minced
1 large yellow onion, chopped
3 cups+ vegetable stock or water
juice of 1/2 a lemon
fine grain sea salt (as much as you need)

Take the tops off the carrots (if they have tops) and give them a good scrub. Cut them into 1-inch segments and set aside. Heat the olive oil in a large, heavy soup pot over medium heat. Add the garlic and onions and saute for a few minutes or until the onions start to get translucent. Add the stock and carrots and bring to a gentle boil. Lower the heat and simmer for 20 - 30 minutes or until the carrots are tender - longer if your carrot pieces ended up larger. But try not to overcook. Remove from heat and cool for a few minutes.

Puree with a hand blender (sometimes I leave the soup a bit chunky, other times I go completely smooth) - then stir in the lemon juice. Now salt to taste. If you used a salty veggie stock, you might just need a little salt.

<http://www.101cookbooks.com/archives/carrot-soup-recipe.html>

Roasted Beets & Feta Cheese Salad

Roasting intensifies the sweetness of beets, making them the perfect foil for salty feta cheese in this easy and nutritious composed salad recipe.

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Ingredients:

- 3 large or 4 medium beets
- 1 Tbsp. plus 1 tsp. extra virgin olive oil, divided
- 2 tsp. lemon juice
- 1/4 tsp. salt
- 4 oz. feta cheese, crumbled

Preparation:

1. Preheat oven to 375°F. Trim and wash the beets. Place the beets on a large piece of aluminum foil, drizzle them with 1 tsp. of the oil, wrap them up, and place the foil packet on a baking sheet. Bake until the beets are tender when pierced with a fork, 30 to 45 minutes (note that older and/or larger beets can take significantly longer to cook). Let the beets sit until they're cool enough to handle, about 20 minutes. (See [How to Roast Beets](#) for more details.)
2. Peel the beets (they're skins should slip off easily) and cut them into 1/2-in. slices or cubes. In a medium bowl, whisk the remaining 1 Tbsp. oil, vinegar, and salt. Toss the beets in dressing.
3. Arrange the dressed beets on a platter or 4 serving plates. Top them with crumbled feta. Serve immediately.

Makes 4 salads.



Start with U.S.-grown rice and the possibilities are endless!

RICE BOWL CONCEPT		RICE	VEGETABLES*		PROTEIN	SAUCE/SEASONINGS/GARNISH
ASIAN						
Teriyaki Bowl	White or brown	Broccoli, red peppers, carrots, green onions, pea pods	Chicken, beef or pork	Teriyaki glaze, stir-fry sauce or sesame ginger sauce. Garnish with bean sprouts, sesame seeds.		
Sweet-and-Sour Bowl	White or brown	Green and red pepper strips, green onions, pineapple	Breaded chicken tenders, chicken or pork	Sweet-and-sour sauce. Garnish with sesame seeds, crispy wonton strips.		
Greek-style Bowl	White or brown	Spinach, black olives, zucchini, lettuce, tomatoes	Chicken or shrimp	Garlic herb or lemon herb sauce. Garnish with feta cheese crumbles, chopped olives.		
Indian-style Bowl	Brown or U.S. Basmati	Green and red pepper strips, chickpeas	Chicken or shrimp	Curry sauce or mango chutney. Garnish with chopped peanuts.		
Thai Bowl	White or U.S. Jasmine	Red peppers, hot peppers, pea pods, green onions, mushrooms, sprouts	Chicken, pork or seafood	Thai peanut sauce or curry sauce. Cilantro, fresh basil. Garnish with bean sprouts, grated carrots.		
REGIONAL AMERICAN						
Southwest Fajita Bowl	White or brown	Green and red pepper strips, onions, corn	Grilled chicken or beef strips	Chipotle barbecue sauce. Garnish with shredded cheese, salsa.		
Chili Bowl	White or brown	Chopped onions, green onions, green or red peppers, beans, jalapeño peppers	Prepared beef or turkey chili	Hot sauce. Top with sour cream and cheddar cheese. Garnish with tortilla chips.		
Southern BBQ Bowl	White or brown	Corn, chopped tomatoes, beans	Pulled pork or pulled chicken	Barbecue sauce. Garnish with diced onions.		
Cajun Bowl	White or brown	Celery, onions, peppers	Popcorn chicken or shrimp	Cajun-style sauce. Garnish with chopped tomatoes.		
CONTEMPORARY						
Cheeseburger Bowl	White or brown	Onions, mushrooms, pickle garnish	Ground beef crumbles	Mushroom sauce or cheese sauce. Garnish with pickles.		
Buffalo Chicken Bowl	White or brown	Shredded lettuce	Buffalo chicken strips	Buffalo chicken sauce and ranch or blue cheese dressing. Garnish with celery and carrot sticks.		
Pizza Bowl	White	Mushrooms, onions, peppers, garlic, chopped tomatoes	Pepperoni or sausage crumbles, shredded mozzarella cheese	Tomato sauce, oregano, basil. Garnish with Parmesan cheese.		
Roasted Turkey Bowl	White or brown	Mushrooms, onions, peas	Roasted turkey strips	Turkey gravy. Garnish with cranberries or minced herbs.		
Taco Bowl	White or brown	Onions, green and red pepper strips	Taco-flavored chicken strips, beans	Chili sauce or mole sauce. Garnish with sour cream, taco chips, cheddar cheese.		
Vegetarian Bowl (sweet or savory)	White or brown	Onions, peppers, mushrooms, carrots, celery, pea pods, broccoli, cauliflower	Beans or cheese	Sweet-and-sour sauce, teriyaki glaze or tamari sauce. Garnish with chopped nuts.		
BREAKFAST						
Apple Walnut Breakfast Bowl	Brown	Apples, raisins, cranberries	Walnuts	Brown sugar and cinnamon, cream or milk. Garnish with whipped topping.		

*Steaming, sauteeing or stir-frying vegetables are all popular preparation methods for Rice Bowls

For more recipes, visit www.usarice.com/foodservice

Hard Boiled Eggs

1 Put the eggs in a single layer in a saucepan, **covered by at least an inch or two** of cold water. Starting with cold water and gently bringing the eggs to a boil will help keep them from cracking. Adding a tablespoon of vinegar to the water will help keep the egg whites from running out of any eggs that happen to crack while cooking, but some people find that the vinegar affects the taste. I don't have a problem with it and I usually add a little vinegar. Adding a half teaspoon of salt is thought to help both with the preventing of cracking and making the eggs easier to peel. Put the burner on high and bring the eggs to a boil. As soon as the water starts to boil, remove the pan from the heat for a few seconds.

2 Reduce the heat to low, return the pan to the burner. Let simmer for one minute. (Note I usually skip this step because I don't notice the eggs boiling until they've been boiling for at least a minute! Also, if you are using an electric stove with a coil element, you can just turn off the heat. There is enough residual heat in the coil to keep the eggs simmering for a minute.)

3 After a minute, remove the pan from the heat, **cover**, and let sit for 12 minutes. If you are doing a large batch of eggs, after 10 minutes you can check for doneness by sacrificing one egg, removing it with a slotted spoon, running it under cold water, and cutting it open. If it isn't done, cook the other eggs a minute or two longer. The eggs should be done perfectly at 10 minutes, but sometimes, depending on the shape of the pan, the size of the eggs, the number of eggs compared to the amount of water, and how cooked you like them, it can take a few minutes more. When you find the right time that works for you given your pan, the size of eggs you usually buy, the type of stove top you have, stick with it.

I also find that it is very hard to overcook eggs using this method. I can let the eggs sit, covered, for up to 15-20 minutes without the eggs getting overcooked.

4 Either remove the eggs with a slotted spoon and place them into a bowl of ice water (this is if you have a lot of eggs) OR strain out the water from the pan, fill the pan with cold water, strain again, fill again, until the eggs cool down a bit. Once cooled, strain the water from the eggs. Store the eggs in a covered container (eggs can release odors) in the refrigerator. They should be eaten within 5 days.

Recipes <http://www.simplyrecipes.com>

1. How to Dye Eggs Blue - This beautiful robin egg's blue is easy to achieve with a dye made from red cabbage!

1. Shred one small head red cabbage.
2. In a medium pot over high heat, bring cabbage and about 6 cups of water to a boil. Reduce heat to a simmer and cook for about 15 minutes.
3. Let cool, strain, and stir in 1/2 cup distilled white vinegar.

For a very light blue, just dip eggs into the dye. For more color, let the eggs sit in the dye for several minutes. For more intense color, use the cooled dye to [cook the eggs](#). Note: Brown eggs will dye a lovely and sophisticated blue-gray shade.

2. How to Dye Eggs Pink - The staining properties of beets, so annoying on wooden cutting boards and freshly manicured nails, comes in handy when dyeing eggs!

1. Peel and chop one or two medium or large fresh beets.
2. In a medium pot over high heat, bring the beets and about 4 cups of water and a Tbsp. of salt to a boil. Reduce heat to a simmer and cook for about 20 minutes.
3. Let cool, strain, and stir in 1/2 cup distilled white vinegar.

For a very light pink, just dip eggs into the dye. For more color, let the eggs sit in the dye for several minutes. For more intense color, use the cooled dye to [cook the eggs](#).

3. How to Dye Eggs Yellow - This stunning sunny yellow is made with tumeric.

1. In a medium pot over high heat, bring 1 Tbsp. tumeric and about 6 cups of water to a boil. Reduce heat to a simmer and cook for about 15 minutes.
2. Let cool and use as dye.

For a light yellow, just dip eggs into the dye. For more color, let the eggs sit in the dye for several minutes. For more intense color, just add the tumeric to the water in which you [cook the eggs](#).

About.com

Bannock Bread

5 cups flour
2 tablespoons baking powder
3 tablespoons sugar
1 teaspoon salt
2 cups milk

1. Preheat oven to 400. Put flour, baking powder, sugar and salt in a bowl. Blend well.
2. Make a well in the center of the dry ingredients. Gradually add milk, mixing well to make a soft dough. If the dough is too moist, add more flour. If too dry, add more milk.
3. Knead in the bowl about 10-15 times, until dough no longer sticks to your hands. Spray pan with spray. Press dough into baking pan. Bake for 20 minutes.
4. Slice. Serve hot or cold.

Recipe provided by Dale Marceau – Cook
Blackfeet Early Childhood Center

Homemade Croutons

Recipe type: Bread
Author: Savory Sweet Life
Prep time: 5 mins
Cook time: 30 mins
Total time: 35 mins
Serves: 3 cups

Make homemade croutons at home with this easy recipe.

Ingredients

- 6 slices regular or whole wheat bread (fresh or day old), cubed
- 3 tablespoons olive oil
- 1 teaspoon garlic powder and a pinch of salt OR 1/2 teaspoon garlic salt
- 1 teaspoon dried parsley flakes

Instructions

1. Preheat oven to 300 degrees. Mix olive oil, garlic powder/salt, and parsley flakes until garlic powder is dissolved and mixture is clump free. Toss olive oil mixture with cubed bread in a medium bowl until cubes are evenly coated. Spread coated bread cubes on a cookie sheet in a single layer. Bake for 15 minutes and check to see if they are dry, crispy, and golden brown. Stir the croutons around and bake for an additional 15 minutes until done. Store croutons in air-tight container or ziplock bag. Enjoy!

Notes

Mine typically take 30 minutes baking time total – your baking time may vary.

<http://savorysweetlife.com>

The Butte Pasty

Pastry:

3 cups flour

½ tsp salt

1 ¼ cups lard or shortening

¾ cup very cold water

Measure flour and salt. Cut in lard until dough resembles small peas. Add water and divide into 6 equal parts.

Filling:

5 or 6 medium potatoes

3 medium onions

Parsley for flavoring

2 pounds of meat (loin tip, skirting, flank steak, or ground beef)

Butter

Salt and pepper

Roll dough slightly oblong. Slice in layers on dough, first the potatoes, then the onions and last the meat (sliced or diced in thin strips). Bring pasty dough up from ends and crimp across the top. Making the pasty oblong eliminates the lump of dough on each end. Bake at 375F for about one hour. Brush a little milk on top while baking.

Butte Heritage Cookbook

Pat Williams – US House of Representatives

Montana Celebrity Cookbook

Crusted Pumpkin Wedges with Sour Cream

You can use varieties of pumpkin for these satisfying wedges.

Serves 4

1½ lbs pumpkin (skin on)
½ cup grated parmesan
3 tbsp dried bread crumbs
6 tbsp finely chopped parsley
2½ tsp finely chopped thyme
Grated zest of 2 large lemons
2 garlic cloves, crushed
Salt and pepper
¼ cup olive oil
½ cup sour cream
1 tbsp chopped dill

Preheat oven to 375F. Cut the pumpkin into 3/8-inch-thick slices and lay them flat, cut side down, on a baking sheet that has been lined with parchment paper.

In a small bowl, mix together the parmesan, bread crumbs, parsley, thyme, half the lemon zest, garlic, a tiny amount of salt (remember the parmesan is salty), and some pepper.

Brush the pumpkin generously with olive oil and sprinkle with the crust mix, making sure the slices are covered with a nice thick coating. Gently pat the mix down a little.

Place the pan in the oven and roast for about 30 minutes, or until the pumpkin is tender: stick a little knife in a wedge to make sure it has softened and is cooked through. If the topping starts to darken too much during cooking, cover loosely with foil.

Mix the sour cream with the dill and some salt and pepper. Serve the wedges warm, sprinkled with the remaining lemon zest, with the sour cream on the side.

Supplemental Recipes

Morning Glory Muffins

(Also known as Peter Rabbit Muffins)

Makes 2 dozen muffins

Ingredients

2 ¼ cups all-purpose flour (may also use all whole wheat flour or half whole wheat/half white flour)
1 ¼ cups sugar
3 teaspoons ground cinnamon
2 teaspoons baking soda
½ teaspoon salt
3 eggs
¾ cup applesauce
½ cup vegetable oil
1 teaspoon vanilla extract
2 cups grated carrots
1 medium tart apple, peeled and grated or chopped
1 can (8 ounces) crushed pineapple, drained
½ cup flaked coconut*
½ cup raisins
½ cup chopped walnuts*

Directions

In a large bowl, combine flour, sugar, cinnamon, baking soda and salt; set aside.

In another bowl, combine the eggs, applesauce, oil and vanilla; stir into flour mixture just until moistened (batter will be thick). Stir in carrots, apple, pineapple, coconut, raisins and nuts.

Fill greased or paper-lined muffin cups two-thirds full.

Bake at 350 degrees for 20 to 24 minutes or until a toothpick comes out clean.

Cool for 5 minutes before removing from pans to wire racks.

*May leave these ingredients out if needed

From Taste of Home's "Quick Cooking"

Vanilla-Cinnamon Sunflower Seed Butter

Makes about 12 ounces

Ingredients

3 cups roasted, salted sunflower seeds
1 teaspoon cinnamon
1 teaspoon pure vanilla extract
2 tablespoons honey

Directions

Put the sunflower seeds in a food processor and allow the machine to run until the seeds are a smooth, creamy consistency. This should take at least 8 minutes, but possibly even longer depending on the strength of your processor. With the machine running, add the cinnamon, vanilla, and honey. Store in a container at room temperature for about a week, or longer in the refrigerator. Enjoy!

Tips

- Raw sunflower seeds did not work. They would not turn into butter even after 10 consecutive minutes of processing. The same result occurred when the author tried to toast them herself. For best results use roasted, salted sunflower seeds. If using dry roasted seeds, you may need to add oil. Note: Another blog recommended using raw seeds and soaking and dehydrating them. If you go this route you will probably need to add a pinch of salt and 3-6 tablespoons of oil to achieve the right texture and taste.
- Longer processing time = creamier butter
- Using a food processor produced better results than if using a blender.
- For plain sunflower seed butter just put the seeds in a food processor and let it run for about 10 minutes.

www.happyhealthymama.com

Pita Triangles

Ingredients

1 pkg. whole wheat pita bread (or whole wheat tortillas)
2 tablespoons olive oil
1 tablespoon garlic powder
1 teaspoon kosher salt
1 teaspoon garlic salt

Directions

Preheat oven to 350 degrees. Brush one side of each piece of pita bread (or tortilla) with olive oil. Sprinkle the garlic powder, salt, and garlic salt over the pita pockets. Slice each pocket into 4 or more even triangles. Bake in a preheated oven until the triangles turn a light brown color, about 15-20 minutes.

Note: May use other combinations of spices and cheeses (such as parmesan) to taste.

Susan's Baked French Toast

Ingredients

1 ½ loaves of bread
7 eggs
2 ½ - 3 cups milk
½ cup melted margarine
2 teaspoons cinnamon
2 tablespoons vanilla

Directions

Break bread into pieces in large bowl. Mix rest of ingredients in a blender. Pour over bread. Stir with a spoon. Pour into greased sheet pan (1"x12"x16 ½"). Cover and refrigerate overnight. Bake at 350 degrees for 30 – 40 minutes. Serve with applesauce or warmed strawberries. Can be served hot or at room temperature. Works well for breakfast or snack.

Courtesy of Susan Rauthe, Northwest Montana Head Start